

World Mental Health Day

World Mental Health Day is a day for global mental health education, awareness and advocacy, first celebrated in 1992. It's an initiative run by the **World Federation for Mental Health**, a global mental health organization with members and contacts in more than 150 countries and is supported by the United Nations.

2014 Theme: Living with Schizophrenia

Schizophrenia affects how a person thinks, feels, and acts but it's actually a word that describes a number of symptoms that psychiatry has labelled a disorder. Not everyone with schizophrenia has the same symptoms and the definition of the disorder is wide, including a number of combinations of different things. Source: Mental Health Foundation

UCU supports the social model of disability that states that a person becomes disabled by the environmental and attitudinal barriers that they encounter, not by their medical condition. Click [here](#) to view our film that talks about the social model of disability. UCU branches and local associations are encouraged to raise awareness of mental health in the workplace. You can do this by:

- displaying material about World Mental Health Day – visit the Time to Change website [here](#) for free materials to promote your event
- hosting a coffee morning/afternoon, working with other campus unions to discuss mental health in the workplace using the theme '**Living with Schizophrenia**' for staff and students talking about the impact of schizophrenia on work and home life
- arranging a seminar or discussion group to talk about mental health in the workplace, how to challenge and dispel the myths and stigmas associated with mental health, where to seek advice and assistance from, your rights in the workplace and much more.

Whatever you choose to do to observe **World Mental Health Day** it is important that you **educate, raise awareness** and **challenge discrimination**. UCU has produced a number of documents for members and reps on the issue of mental health. Click [here](#) for these documents.

Mental Health Facts

One in four people will experience a mental health issue in any one year

50% of people with schizophrenia cannot access adequate treatment

Men and women are equally affected.

About 1 in 100 people will experience schizophrenia in their lifetime, with many continuing to lead normal lives

Schizophrenia is most often diagnosed between the ages of 15 and 35

In a study by the HSE, teaching was the most stressful profession

26 million people globally live with Schizophrenia

Half of all reps who responded to the TUC Equality Audit (2012) said that they had represented members with mental health issues in the last year

Every one of the 92 UK universities represented in the 2012 UCU Stress Survey had a higher than average stress level than the level for the British working population as a whole.